

# THE THROAT IS EASILY IMPROVED

SAYS *Lillian Russell*

LILLIAN RUSSELL

**A** LTHOUGH I already have given a great many hints on care of the neck and shoulders, I lately have received a number of letters asking me to write a thorough treatise on care and beautifying of the throat. Women as a rule do not pay half enough attention to their throats.

The first thing to do is to take your indispensable hand glass—if you have one of those which we of the stage use, with the magnifying glass on one side and the ordinary mirror on the other, so much the better—and look at your throat carefully from all sides.

If you are over 30 years old and are thin you will probably find that the skin of your neck is brown and leathery and that it hangs more or less loosely. You will probably find also that the cords each side of the throat are unduly prominent and that there are hollows in front at the base. A little sinking hollow behind the ears will be found by many.

## Beauty Ill of Fleishy Woman.

However, the woman with the thin neck has not one beauty ill to fight which she of the fleshy one must, and that is the big lump of flesh just at the base of the neck in the back—a most unsightly protuberance and one which is hard to eradicate.

The fleshy woman's neck will show a series of wrinkles where the overlapping double or triple chins allow them to be seen, but the skin upon her neck is more apt to be softer than upon a thin throat.

The throat, like the hands, is apt to show age earlier than the face, and this is simply because, like the hands, it receives less attention than the face.

The beauty seeker must realize that to be beautiful she cannot neglect any part of her body, as every part has a distinct influence upon the whole. In most of the beauty shops when a woman goes for a massage her face is carefully treated and her throat left absolutely alone. I think it would be better sometimes if the scalp and throat were massaged carefully and the face left without it.

## Swanlike Neck Beautiful.

The woman with the long neck is to be greatly congratulated, and let no thin woman make the mistake of thinking that a long neck is not beautiful. The greatest beauty that Ethel Barrymore has is her swanlike neck, and she has always had the good sense to leave it collarless, thereby doubtless insuring a beautiful throat as long as she lives.

There is nothing less artistic in a woman's dress than the high collar which reaches up to the ears. This style was originated by Queen Alexandra, who found that her throat was growing old and scraggy, and straightway she had her collars reach up behind the ears in little points, covering that telltale age mark.

Whistler, the artist, deplored this high collar. He said it made a woman look as if her head were detached from her body and obliterated all grace of movement of the head.

The throat should be splashed and washed with cream quite as often as the face, whether you have a fat neck or a thin one. From the time a young woman begins her good grooming, if she has not been taught it from childhood by her reasonable mother, she should rub cold cream upon her throat. This will not only leave it clean, white, and soft, if used habitually, but it will help to ward away colds.

## Complaint of Fleishy Woman.

One woman has said to me: "My throat is too fat. I have a great lump of flesh at the back of my neck and my chin is frankly a double one. Notwithstanding my neck is fleshy, it still has three distinct wrinkles about it. What shall I do for it?"

This woman will have to exercise a great deal of care and patience in bringing back her throat to its normal size and beauty. In the first place, she will have to diet carefully to reduce her flesh all over her body, and she will have to take long walks and a great deal of exercise. I do not believe in taking any drug into the system to reduce flesh, and the most rigorous self-denial is necessary to the woman who would reduce herself. This is the reason why so few women will do it. They haven't the stamina of will and strength of character to deny themselves the pleasures of the table and the rocking chair.

We will say, however, that this patient has started in on the reducing regimen. Then she must pay special attention to her throat, as here the skin gets flabby quicker than on almost any other part of the body when the flesh is taken off.

## Use Cold Water Compress.

I would advise, first, a compress of cold water upon the throat every other night for a couple of months and a rubbing of the flesh daily from the chin down toward the bust with a good skin food. After this is done the throat should be sprayed with cold water. You can put on a bath spray and allow the water to become as cold as you can stand it up under your chin and all over your throat. This will bring the blood to the surface and will be a health giving shock to your whole system.

For the lump on the back of the neck there is nothing better than spirits of camphor rubbed in daily until the flesh is warm and tingles. Indeed, one of the latest ideas for reducing the flesh is a camphor rub. This is drying, you know. Recently I was in the women's athletic club of one of the large cities, and when I was taken down to see the baths and through the dark Turkish bathrooms the pungent smell of camphor assailed my nostrils and I was told that all the women of the club were taking camphor rubs. I have not used it myself as a beauty help, and I should think it would be almost too drying to use frequently, but it is particularly good for the fleshy spot at the back of the neck.

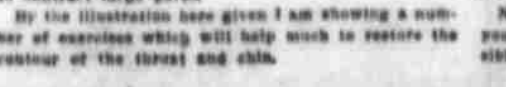
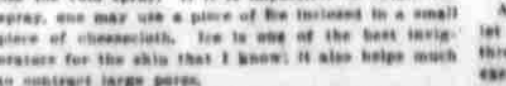
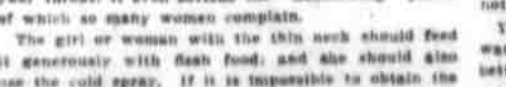
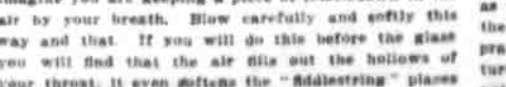
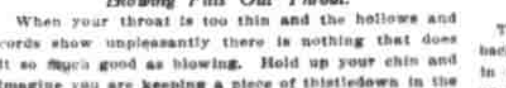
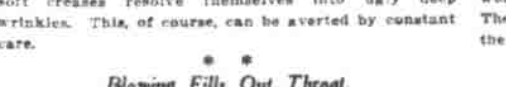
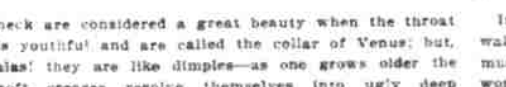
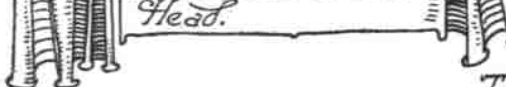
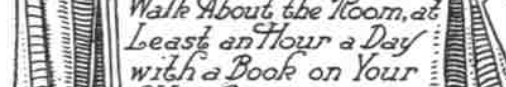
The three distinct creases or wrinkles about the

**LOOK AT YOUR THROAT CAREFULLY. IS THE SKIN BROWN, ARE THE CORDS PROMINENT, ARE THERE HOLLOWS BEHIND THE EARS? LEARN HOW TO OVERCOME THESE DEFECTS.**



*Keep Your Shoulders Straight and Twist Your Head to the Right and Left*

PHOTO BY HOFFET



*Walk About the Room at Least an Hour a Day with a Book on Your Head.*

*Throw Your Head Backward as Far as Possible*

neck are considered a great beauty when the throat is youthful and are called the collar of Venus; but, alas! they are like dimples—as one grows older the soft creases resolve themselves into ugly deep wrinkles. This, of course, can be averted by constant care.

## Blowing Fills Out Throat.

When your throat is too thin and the hollows and cords show unpleasantly there is nothing that does it so much good as blowing. Hold up your chin and imagine you are keeping a piece of thin tissue in the air by your breath. Blow carefully and softly this way and that. If you will do this before the glass you will find that the air fills out the hollows of your throat. It even softens the "Adams' apple" places of which so many women complain.

The girl or woman with the thin neck should feed it generously with flesh food, and she should also use the cold spray. If it is impossible to obtain the spray, one may use a piece of ice inclosed in a small piece of cheesecloth, for to use of the best ingredients for the skin that I know; it also helps much to contract large pores.

By the illustration here given I am showing a number of exercises which will help much to restore the contour of the throat and chin.

In the first place, one should make a practice of walking with something on the head, as to do this one must keep the chin up at its proper angle. Not one woman in a hundred keeps her chin up high enough. The mere act of raising it will help much to beautify the throat.

## Exercise for the Morning.

Then in the morning one should throw one's head back just as far as possible, stretching taut the cords in front; then droop the head upon the chest as far as possible, stretching the back cords of the neck in the same way. These movements should each be practiced at least ten times. When the head should be turned from one side to the other as far as possible, not moving the shoulders.

You probably will find that this will make you warm the first two or three times you do it, and it is better to try only a few movements at first.

After these exercises, if you have a fleshy throat, let some one give you the camphor rub; and if your throat is thin, go through the thin-tissue blowing exercise.

Never wear a collar of any kind when you are in your own home; and go without one as often as possible in your street attire.

As you grow older, remember to dress your neck in softer fashion: the hard lines of the tailored collar and shirtwaist are not for the middle aged woman, who should always be attired in the most feminine appearing garments.

I cannot tell you how gratified I am that so many women are taking interest in this same beauty culture; and they are learning that beauty, first of all, means a healthy body as near perfect as possible, a mind able to spread itself beyond the petty little foibles supposed to be the limit of womanly intelligence, and a spirit full of sweetness and charity. That I am helping to promulgate this idea gives me not only a great pleasure but fills me with a great pride.

## ANSWERS TO INQUIRIES.

**MRS. E. M.:** Salt footbaths, frequent bathing of the feet with hot water, and a little ammonia and frequent change of stockings are advisable for excessive perspiration of the feet. This is usually caused from nervousness, anemia, and poor circulation. Wear white stockings where it is possible. You should change your stockings twice a day and wear sandals when possible. Spirits of camphor applied to the feet will sometimes cure this condition. I am sending you the cleansing cream, the green soap treatment for blackheads, the strengthening exercise for the eyes, and the bleach for brown skin which you asked me for.

**DOROTHY:** Your oily skin may be due to a torpid liver, too much rich greasy food, or an impaired circulation. Try a diet of fresh fruit, green vegetables with meat only once a day. Witch hazel is an excellent remedy for an oily skin. If you will wet a cloth in hot water and place it over the nose it will reduce the pores and correct the oiliness. If you will send me a self-addressed, stamped envelope I shall send you a recipe for an excellent lotion to correct the greasiness.

**C. B.:** To remove callosities from the feet, soak them every night for at least ten minutes in hot water made soapy. At the end of that time, after drying, the hard places are rubbed with a piece of pumice stone, and the prepared skin, but the stone that is in its rough condition. Constant rubbing night after night will greatly reduce the spots. To prevent the callosities from

*Bring Your Head Forward as Far as Possible on to Your Chest.*

hardening, cover it with vaseline or cold cream. Also sending you the French tonic for the eyebrows.

**L. M.:** The end of an orangewood stick covered with absorbent cotton and dipped in olive oil and passed around the base of the nail will soften and prevent hangnails and roughness of cuticle. I am delighted to hear that my little sermons are doing you so much good, and thank you for your kind wishes.

**F.:** I shall mail you the recipe for skin food, which I have used with the greatest success for twenty years, also instructions for facial massage, if you will send me the necessary self-addressed, stamped envelope.

**MRS. R. F. D.:** We never publish anything under the full name of the writer. If you wish the formulas for skin food and the face bleach, write me a note asking for them, inclosing a self-addressed, stamped envelope, and I shall be glad to send them to you.

**R. M. N.:** Blackheads are usually caused from a sluggish circulation, indigestion, anemia, and sometimes due merely from neglect in cleansing the face. Moderate doses of Epsom salts, combined with care in keeping not only the face but the skin and entire body clean, will eliminate the pimples. Outside applications are of little value. The body must be kept clean inside as well as out. If you will send me a self-addressed, stamped envelope I shall be glad to send you the green soap treatment for blackheads and a soothing, healing salve for pimples.

**ROSE:** The most effective remedy for superfluous hair is the electric needle. It is a most annoying beauty blemish and I advise you to take the treatment as soon as possible before the growth becomes heavier. However, if you feel that you cannot afford the electric needle, write me again asking for it and I shall send you an inexpensive remedy. If you will send me a self-addressed envelope I shall also send you recipes for glove paste to keep the hands soft and white, and a good cream.

**STELLA:** Plain yellow vaseline is an excellent remedy for scanty eyelashes. Apply the vaseline at night, but be exceedingly careful that you do not get any into the eye, for oil of any kind irritates it. It does not make them darker. To do that, mascara is good. Get it as near the shade of your hair as possible, or a little darker. You can get it at any drug store.

**A. B.:** If you have only a few gray hairs I advise you to pull them out. Probably your scalp is not properly nourished. Scalp massage is the secret of keeping the hair healthy. It is easily done and not a great tax on either time or patience. The scalp is loosely attached to the underlying skull, as any one can prove with the fingers. When the scalp becomes adherent to the bones and will not move easily, then the hair will fall and the healthiness of the hair follicles will become impaired. If you will send me a self-addressed, stamped envelope I shall be glad to send you instructions for scalp massage and an excellent hair tonic in which I have perfect faith.

**MRS. A.:** A woman need not despair nowadays when wrinkles begin to form from nose to mouth, crown of head out from the corners of the eyes, and wrinkles appear across the forehead, for there can be cured if not too long standing, and the process is a pleasant one rather than otherwise. The best remedy of all is to have the skin clean and supple, a cleansing cream and a good skin food being necessary for this purpose. Write me again, sending me the necessary self-addressed, stamped envelope, and I shall be glad to send you the recipe for the skin food, which I have used with the greatest success for over twenty years, and also the recipe for the cleansing cream.